Vermont Primary School

**House Cross Country**

*Friday 20th March 2015*

Dear Parents,

On Friday 20th March we will be running our House Cross Country Competition between 9.00am and 10.40am at Vermont Primary School. Children will run the course of Cantley Lane, Terrara Road, Canterbury Road and Nurlendi Road.

**School Sport Victoria Age Group and Distance Classification:**

# *8-9 year olds 2000m (twice around the course)*

# *10 year olds 2000m (twice around the course)*

***11 & 12/13 year olds 3000m*** *(3 times around the course)*

Please remember age groups are calculated as of December 31st in the year of competition. For example, if your child turns 10 during the year he/she will be in the 10 years age group.

Children will need to wear their House colours, appropriate shoes and have lots of energy in their legs.

**House Cross Country Training:**

The Vermont Primary School House Cross Country is just around the corner! This means that it is time for us to get training. The following non-compulsory training sessions will take place on:

**Tuesday 3rd March / Friday 6th March / Tuesday 10th March / Friday 13th March / Tuesday 17th March**

All of these sessions will take place at the Vermont Reserve. Please meet Mr Walsh in front of the stadium at 8.35am. Please return this notice to your classroom teacher by Friday 6th March.

# Clinton Walsh - Physical Education Coordinator

**✂-------------------------------------------------------------------------------------------------------------------------------**

Vermont Primary School

**House Cross Country**

**Friday 20th March 2015**

I give permission for …………………………………………………………of Grade ……………………….. to go outside the school grounds and compete in the House Cross Country on Friday 20th March 2015.

**I authorise the teacher in charge of the excursion to consent, where it is impracticable to communicate with me, to my child’s receiving such medical or surgical treatment as may be deemed necessary.**

Signed …………………………………………….. Phone …………………………………………..

(Parent/Guardian)

Emergency ……………………………………..

**Medical Conditions (please circle)** None Anaphylactic

Asthmatic Diabetes

Other …………………………………………………………………………………………………………...

✂-------------------------------------------------------------------------------------------------------------------------------

**HOUSE CROSS COUNTRY HELPER**

I’m available to help on the day: *(Please return by Friday 6th March).*

Adult’s Name …………………………………………… Phone No. ……………………………………...

Child’s Name …………………………………………… Child’s Grade …………………………………..